### January Trips 2008 Call for available ticket

Coral Castle & Cauley Square

Enjoy this national historical site. Then enjoy lunch at the Cauley Square Tea Room & shopping on Cauley Square.

Date & Time: Monday, January 7, 8:30 am - 4:00 pm
Fee: Members \$36 / Guests \$38

Program #380841A

Stagedoor Theatre "Mating Habits" & The New Mermaid House Restaurant

Start the evening off with dinner; followed by a savvy musical &

comedic take on today's mating rituals.

Date & Time: Thursday, January 17, 4:30 pm - 11:00 pm

Fee: Members \$48 / Guests \$50

Program #380808A

**Gulfstream Race Track** 

Enjoy championship racing, top jockeys and new slot machines. Note: our group's seats are located up one flight of stairs. Date & Time: Friday, January 25, 11:00 am - 5:00 pm Fee: Members \$5 / Guests \$7

Program #380833A

Tamarac Theatre "Lost in Yonkers"

Get ready for some serious laughs as you enjoy this heartfelt tale of a dysfunctional family living in 1940's New York.

Date & Time: Saturday, January 26, 1:15 pm - 4:15 pm Fee: Members \$16 / Guests \$18

Program #380839A

Sunrise Diner's Club " Chuck's Steak House"

Enjoy dining without the hassle of driving. Participants are responsible for their own dining requests & payments.

Date & Time: Monday, January 28, 4:15 pm - 7:30 pm

Fee: Members \$5 / Guests \$7

Program #380829A

Spanish Monastery & Lorenzo's Famous Italian Market & Restaurant

Don't miss a tour of this 10<sup>th</sup> Century Monastery, originally built in Spain. Afterwards, enjoy lunch on your own at Lorenzo's. Date & Time: Thursday, January 31, 9:45 am - 3:00 pm

Fee: Members \$10 / Guests \$12

10650 W. Oakland Park Blvd.

Program #380848A

Sunrise Senior Center

Sunrise, FL 33351

www.sunrisefl.gov

February Trips 2008

Tickets on Sale: Members January 11, Non-Members January 18

Cancelled: Coral Springs Theatre "Jerry Stiller" Comedy

Las Olas Blvd. & Ghost Tour of Fort Lauderdale

Stroll down Las Olas. At 9:00 pm, take a walking ghost tour of downtown Ft. Lauderdale. Wear comfortable shoes!

Date & Time: Thursday, February 7, 7:00 pm - 11:00 pm

Fee: Members \$12 / Guests \$14

Program #380848B

Miami Metrozoo - Program #380842A

Visit this 290-acre cage-less zoo and enjoy a tram tour with great views & educational information. Boxed lunch included. Date & Time: Wednesday, February 13, 8:30 am - 4:00 pm Fee: Members \$23 / Guests \$25

Gulfstream Race Track - Program #380833B

Please note our group's seats are located up one flights of stair. Date & Time: Friday, February 22, 11:00 am - 5:00 pm

Fee: Members \$5 / Guests \$7

The Isle Casino - Program #380826A

Enjoy great Vegas style slots, poker & a delicious buffet lunch. Date & Time: Tuesday, February 26, 10:30 am - 5:00 pm

Fee: Members \$5 / Guests \$7

March Trips 2008

Tickets on Sale: Members February 7, Non-Members February 14

Stagedoor Theatre "Baby" & Flaming Pit - Program #380839A Have dinner at the Flaming Pit, then enjoy the musical "Baby." Date & Time: Thursday, March 6, 4:00 pm - 11:00 pm

Fee: Members \$48 / Guests \$50

Tamarac Theatre "They're Playing our Song"

Don't miss this heartwarming, romantic musical comedy. Date & Time: Saturday, March 15, 1:00 pm - 5:00 pm

Fee: Members \$18 / Guests \$20

Program #380839B

Broward Center Performing Arts - "Wicked"

Date Reminder Only: This trip is sold out

Date & Time: Wednesday, March 19, 7:00 pm - 11:00 pm

Gulfstream - Program #380833C

Please note our group's seats are located up one flights of stairs.

Date & Time: Friday, March 28, 11:00 am - 5:00 pm

Fee: Members \$5 / Guests \$7

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10650 West Oakland Park Boulevard | 954-746-3670 | www.sunrisefl.gov

# SUNRISE SENIOR CENTER

The Senior Center is closed on Saturday and Sunday.

**ACTIVITIES** 

#### Special Events, Seminars & Classes

Beading

Materials list will be available at the front desk. This class is available to Senior Center members only. Participants must bring their own materials & tools.

Times: 12:30 pm - 2:30 pm or 6:00 pm - 8:00 pm (2 evening classes each month)

Fee: No Charge

Registration: Begins the first business day of the previous month

Pyramids Bracelet (January)

Materials required: 32 size 11 seed beads, 308 size 15 seed beads, 155 #5 Bugle Beads (the 5 colors should be coordinated), (no toggle needed), 1 spool of sono beading thread, 2 big eye needles, beading mat, scissors, clear nail polish, 1 make up sponge

Dates: Mondays, 1/7 - 28 (no class 1/21) or

Tuesday Evenings, 1/8 - 29

Program #380805A (day) #380812A (evening)

Herringbone Bracelet in Blended Colors (February)

Materials required: 24mm round or bicone crystals, 3 grams size 11 seed beads, 2 grams size 15 seed beads (the colors should blend), (no toggle needed), 1 spool of sono beading thread, 2 big eye needles, beading mat, scissors, clear nail polish, 1 make up sponge

Dates: Mondays, February 4 - 25 or Tuesday Evenings,

February 5 & 12

Program #380805B (day) #380812B (evening)

**Sewing Creations** 

Learn how to sew & use basic stitches to complete wonderful monthly projects in this new class.

Dates: Thursdays, January 3 - 31 & February 7 - 28

Time: 1:00 pm - 3:00 pm

Fee: No Charge, members must bring their own materials.

Registration: Sign up now at the front desk

Program #180819A (register once for the entire year)

**Blood Pressure Check** 

Having your blood pressure checked regularly leads to having a better lifestyle. Sunrise Fire/Rescue will provide free checks.

Date: Friday, January 11 & February 8

Time: 11:00 am Fee: FREE

AARP Safety Driver Course Time: 9:00 am - 1:00 pm

Fee: \$10 Bring to class made payable to AARP

Dates: Wednesday, January 16 & Thursday, January 17 Registration: Begins the first business day of the previous month

Program #380853A

Dates: Wednesday, December 19 & Thursday, December 20 Registration: Begins the first business day of the previous month Program #380853B

**Green Thumbs** 

Classes taught by Horticulture Therapist Robert Bornstein. **Registration**: 1<sup>st</sup> business day of the previous month

Time: 10:30 am - 11:30 am Fee: Members \$1 / Guests \$3

Hugh Taylor Birch Park (January)

Enjoy a trip to this beautiful natural habitat down on A1A.

Date: Wednesday, January 23 Program #380815A

Succulent Class (February)

Learn what a succulent plant is & take home some samples. Bring in any plant from your own collection to share.

Date: Wednesday, February 27

Program #380815B

**Culinary Corner** 

We will feature recipes that are healthy, low fat & easy to make. The class is geared toward cooking for one, healthy microwave cooking & simple meals that are good for you.

Time: 1:30 pm - 3:30 pm Fee: Members \$5 / Guests \$7

Register: The first business day of the previous month

Low Fat Greek Chicken & Orzo Salad

Date & Time: Thursday, January 24; 1:30 pm - 3:30 pm Program #380816A

Low Cal, Heart Healthy Easy Salmon Cakes

Date & Time: Thursday, February 28; 1:30 pm - 3:30 pm Program #380816B

Senior Jazzercise...

Dance your way to better health! A trained instructor will be offering a "Seniors Only" class for your convenience.

Date: Mondays & Wednesdays, January 7 - March 3 (skip 1/21) Time: 9:30 am - 10:30 am

Fee: \$40 for an 8-week class, \$12 daily paid to instructor Registration: Sign up now at the front desk

Painting Classes

Learn techniques to perfect your skills. Bring your own supplies. Register the first business day of the prior month.

Intermediate Painting

Dates: Wednesdays, February 13 - March 19 Time: 1:30 pm - 3:30 pm

Fee: Members \$10 / Non-members \$12

Program #380820A

**Beginners Painting** 

Dates: Fridays, February 15 - March 17

Time: 1:30 pm - 3:30 pm

Fee: Members \$10 / Non-members \$12

Program #380811A

# SUNRISE SENIOR CENTER

The Senior Center is closed on Saturday and Sunday.

**ACTIVITIES** 

#### Special Events, Seminars & Classes

#### **Beginners Computers Classes**

Learn Microsoft Word, E-mailing & Internet access. (Note- This is for Sunrise residents who are Senior Center members, over the age of 62.) Space is limited.

Dates: Tuesdays, February 12 - March 18

Time: 1:00 pm - 3:00 pm OR 6:30 pm - 8:30 pm

Fee: Free

Registration: The first business day of the prior

month

Program: # 380802A (afternoon) #380802B

(evening)

#### **Intermediate Computers**

Learn Create-a-Card, spreadsheets, Internet, Excel & more. (Note- This is for Sunrise residents who are Senior Center members, over the age of 62.)

Dates: Wednesdays, January 2 - February 6

Time: 1:00 pm - 3:00 pm

Fee: Free

Registration: The first business day of the prior

month

Program: # 180806A

#### **Intermediate Computers**

Learn Create-a-Card, spreadsheets, Internet, Excel & more. (Note- This is for Sunrise residents who are Senior Center members, over the age of 62.)

Dates: Wednesdays, March 5 - April 9

Time: 1:00 pm - 3:00 pm

Fee: Free

Registration: The first business day of the prior

month

Program # 3880803B



#### Non-Sanctioned Duplicate Bridge Game

Location: Senior Center Burgundy A

Date: Every Thursday Time: 12:30 pm - 4:00 pm

Fee: FREE

#### Monday Mixer...

Join us for the "Monday Dance Mixer" with refreshments and new entertainment! An afternoon bus shuttle will be available at 4:30 pm for drop-offs within Sunrise (Shuttle fee .25 cents.)

Dates: Every Monday Time: 2:30 pm - 4:30 pm

Fee: FREE

#### **Lunch Bunch**

Come and enjoy a kosher hot dog with all the trimmings and a cold beverage. This event is available for Senior Center members only.

Space is limited, so sign up soon

Date & Time: Friday, Feb. 29, 11:30 am

Fee: Members \$2

Registration: 1st business day of the prior

month

Program #280807A

## **Addition to March Trips**

### Marlins vs. Yankees Game

The Yankees are coming!
Don't miss your chance to
see your favorite players in action.

Date: Saturday, March 29 Time: 4:30 pm - 10:00 pm Cost: Members \$35 / Guests \$37